



THE COOP Spoonful

A bimonthly publication for members of the Olympia Food Co-op and its surrounding communities

Dec 19, 2018–Jan 2, 2019

Local Savings

BLISSFUL WUNDERS

By Desdra Dawning

In this issue of the Spoonful, you'll find a coupon for 50 cents off your purchase of any of the Co-op's delicious selection of Blissful Wunders Chocolates.

If you want to treat yourself, your friends, or your family to a chocolate truffle that has been hand-rolled, dipped, designed, packaged and labeled, then this is for you! Not only that, these chocolates are made with local organic butter, cream, and cream cheese from Tunawerth Creamery, and filled with pureed berries from our local Johnson Berry Farm and Pigman's Farm. As for sweetening, only organic syrups are used — absolutely NO corn syrup or refined sugars — and only organic extracts and nuts.

A vegan variety has been created, using coconut cream, Earth Balance organic coconut spread, chocolate and fruit purees, as well as a diabetic-friendly



truffle, available through his website, in which only plant-based sweeteners are used.

The chocolates are made with 65% cocoa mass chocolate from Columbia through Cordillera, a company that honors fair trade and organic practices. Brother Bliss, founder of Blissful Wunders Confectionary Chocolats', (www.blissfulwunders.com), has long loved to "play with his food." He works

joyfully hard to gather his ingredients from local sources, but admits that so far, cacao does not grow in the Pacific Northwest. It is his fantasy to build a greenhouse by spring that can offer him a tropical environment to grow his own PNW cacao trees! Go Bliss! ■

Updated Co-op Tabling Policy & Guidelines

The Co-op is a great place to update our community on vital issues, get the word out about your non-profit, or gain signatures for an important initiative. As a community service, the Co-op provides tabling space for our members in front of both stores, so you can reach out as often as twice a week! Individuals, organizations and projects in alignment with our Co-op Mission and Values are encouraged to apply in advance, as space is assigned on a first come first serve basis. You can

CO-OP LOCAL COUPON

50¢ OFF



good for 50¢ off any
BLISSFUL WUNDERS TRUFFLE

one coupon per visit
valid thru 1-2-19

✂

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continued from front:

read our full updated tabling policy and guidelines, and obtain an application at www.olympiafood.coop, or in either store. ■

Olympia Food Co-op's Eastside Meat Dept. Announcement

We still have many turkeys stocked in the frozen meat section with a 20% sticker on each. We will sell them til they're gone, first come first serve. Sizes vary, most are Free Range.

Upcoming Meat Deliveries for Dec. 17th and 24th include: Mary's Free Range Duck, Cornish Game Hens, and Colvin Ranch Beef Roasts. ■

Price Change Announcement from the Co-op Deli Collective

Starting January 2019, The Olympia Food Co-op will increase the price of our salad bar to \$7.99/lb for both hot and cold food. Sandwiches and coffee will remain the same price.

We have been able to keep the soup and salad bar price at \$6.99/pound since 2014. The rising costs of packaging, equipment, repairs, labor, and our desires for expansion combine to make this price increase necessary.

We put our heart and soul into preparing healthy, fresh, handmade, and delicious organic food for our valued members and customers. We thank you for shopping here and eating the food we make. Your support and warmth give



Zoë in the Deli!

us the nourishment we need to make the food that we hope, in turn, nourishes you.

Sincerely,

The Olympia Food Co-op Deli ■

Garden Center Season's Final Days

Gorgeous new ornamentals are in for our final two weekends! Dec 23rd is the last day of the year to purchase from our Westside Garden Center now open Saturday and Sunday 10am-6pm! ■

